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Bangalore Mirror ON SUNDAY

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Citizens want urban civic bodies to initiate pre-emptive measures to prevent a major water crisis in Bengaluru

WATERTIGHT

257 spots risk water scarcity in city limits

| Melvin Mathew
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As certain pockets of Bengaluru report water shortage, citizens want to see more preventive action by civic bodies ahead of summer.

According to citizens, the Bengaluru Water Supply and Sewerage Board should start conserving and rationing out water.

For the past few days, certain parts of Bengaluru have been reporting a shortage in water supply.

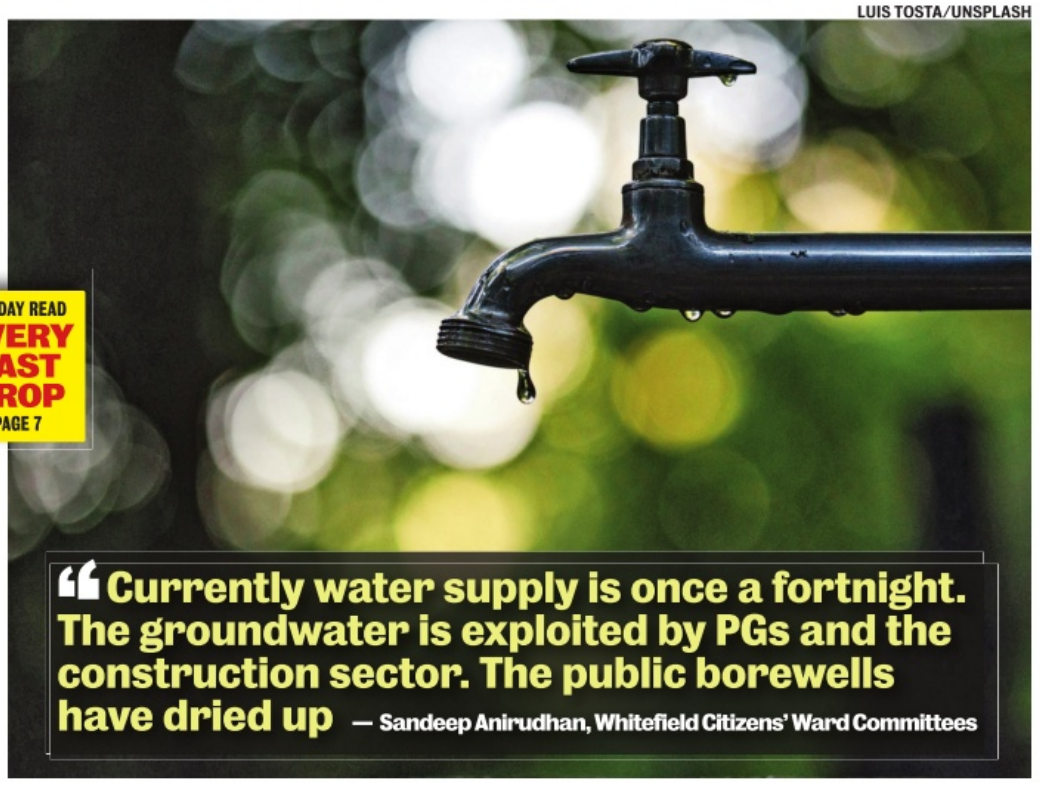
As BWSSB had recently identified 257 potential areas of water scarcity in Bengaluru, citizens want the civic bodies to adopt some pre-emptive actions to prevent a major crisis for Bengaluru.

The Koramangala 4th Block Residents' Welfare Association has written to the BWSSB chairman to take control of all the borewells in the area.

CONTINUED ON PAGE 12 »

SUNDAY READ
EVERY LAST DROP
PAGE 7

LUIS TOSTA/UNSPLASH


"Currently water supply is once a fortnight. The groundwater is exploited by PGs and the construction sector. The public borewells have dried up — Sandeep Anirudhan, Whitefield Citizens' Ward Committees

Madiwala Lake in crisis

'Waterbody deteriorating each passing day since it was handed over to BBMP'

| Garima Prasher
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After the Karnataka Forest Department handed over Madiwala Lake to Bruhat Bengaluru Mahanagara Palike (BBMP) in December last year, the waterbody has been deprived of maintenance. Garbage bins are overflowing, the walking path is cluttered and safety has become a matter of concern.

Regular walkers BM spoke to said the lake is deteriorating with each passing day since it was entrusted with BBMP.

"I have been visiting the lake every weekend for over seven years now. When the lake was under the forest department, it was always well maintained. Littering was rare and dustbins were cleaned regularly. However, it looks like a different lake now. Plastic bottles, packets, carry bags and all other kinds of garbage are strewn all over. The walkway is covered with dry leaves," said Archana Tripathi, a resident of the area.

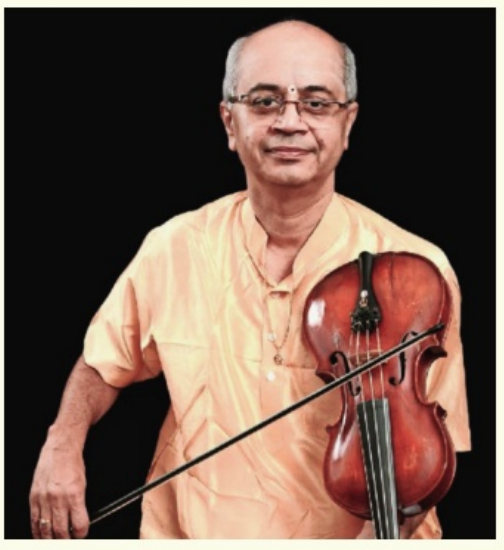
Garbage aside, the toilet facility on the lake premises has been in disarray. Most of the days, the overhead tank is empty and visitors are left with no other choice but

CONTINUED ON PAGE 12 »

3 THINGS TO DO

01 Timeless dance style

Sree Veena Mani, Kuchipudi Artiste & Journalist is presenting a Kuchipudi Dance Performance celebrating the 15th year of NGMA Bengaluru.
When- February 25, 5 pm onwards
Where: Auditorium, National Gallery of Modern Art



02 Violin melodies

Attend the final day concert of Sri Sharada Sangeetha Sabha Trust's 21st Annual Music Festival, featuring "Violin Vybhava 12 Nos." - a Violin Ensemble by Vidwan Sri TS Krishnamurthy & Disciples, with percussion support by Vidwan Sri Anoor Anantha Krishna Sharma & Team.
When- February 25, 6 pm onwards
Where- Sri Thyageeshananda Hall, Swamy Vivekananda Hall

03 Traditional tunes

Blending traditional roots with a contemporary electronic soundscape, DJ Houdini has become a prominent figure in the Indian music scene. His performances are transformative experiences, guiding listeners through pulsating rhythms and soul-stirring melodies. Magique Koramangala invites you for an evening brimming with enchanting tunes and boundless energy. **Where: Magique Koramangala; When: February 25, 4 pm to 9 pm**

Taxi fare chaos despite department circular

Operators continue differential pricing, await enforcement as government pushes for standardisation

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Despite the Transport Department's circular on uniform taxi fares, there are hardly any takers. Many aggregators and taxi operators continue to charge differential fares, thereby taking customers for a ride. There are 2.22 lakh taxis in the city with over 80,000 trips per day. Many operators claim that they cannot maintain uniform taxi fares throughout the day, as fares are adjusted based on demand and time of day. Prices surge during periods of high demand, and many operators implement surge pricing.

Tanveer Pasha, President of the Ola Uber Drivers' and Owners' Association, said, "The Transport Department has not provided a definitive date for enforcement, nor has it mentioned anything about legal action. Without the threat of legal repercussions, aggregator companies continue to charge differential fees. For many years, we have been urging the Transport Department and the Karnataka Government to implement a uniform fare structure for Bengaluru city. Karnataka State Tourism Development Corporation (KSTDC), airport cabs, and aggregator cabs had separate fare structures. At times, passengers fell victim to surge prices, while at other times cab drivers faced intense competition. We appreciate the initiative by the Karnataka government, but we are curious to see if the cab aggregator platforms will adhere to the new fare structure or continue to resist."

Reacting to this, C Mallikarjuna, Additional Commissioner of the Transport Department (Enforcement), stated, "If anyone violates the uniform fee structure, customers can report it to the nearest police station or RTO to file a complaint. We will conduct an investigation and issue notices accordingly."

According to a circular issued by the Transport Department on February 3, all taxis operating under aggregator platforms such as Uber and Ola are now subject to a uniform fare structure. On December 26, 2023, the Transport Department requested the Karnataka Government to establish uniform fares for all taxis operating under aggregator platforms, aiming to eliminate any unauthorised charges imposed by these platforms on riders.

> **"If anyone violates the uniform fee structure, customers can report it to the nearest police station or RTO to file a complaint. We will conduct an investigation and issue notices** – C Mallikarjuna, Additional Commissioner of the Transport Department (Enforcement)

The Karnataka government had categorised taxis based on the vehicle's cost and set the fares accordingly. Taxis with a vehicle cost below Rs 10 lakh can charge Rs 100 for the initial 4 km and Rs 24 for each subsequent km. Vehicles priced between Rs 10 lakh and Rs 15 lakh can charge Rs 115 for the first 4 km and Rs 28 for each subsequent km. For vehicles above Rs 15 lakhs, the fare is set at Rs 130 for the initial four km and Rs 32 for each subsequent km. Additionally, a charge of Re 1 per minute applies after the first five minutes. Taxis operating between 12 pm to 6 am are permitted to charge 10 per cent over the standard fare. GST may be collected, and toll charges will be borne by passengers. Excess baggage beyond 120 kg will incur a charge of Rs 7 per extra kg.

An official said, "Passengers will be billed based on the revised fare structure, and cab aggregator platforms are not authorised to levy any additional charges beyond the approved rates. In the fare revision of 2021, non-air-conditioned taxis were permitted to charge Rs 75 for the initial four kilometres and Rs 18 for each subsequent km. Air-conditioned taxis were allowed to charge Rs 100 for the first 4 km and Rs 24 for each subsequent km. Waiting charges were not applicable for the first 5 minutes, with Rs 1 per extra minute thereafter. Passengers were allowed up to 120 kg of luggage, with a charge of Rs 7 for every 20 g exceeding 120 kg."

K'taka govt promotes Constitution awareness

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The Department of Social Welfare, Government of Karnataka, has undertaken several steps to raise mass awareness of the Constitution and the Preamble across the state, especially among the youth. The aim is to create awareness about Constitutional values that guide Indian democracy.

One of the initiatives is through the creation and release of several short videos that capture the concepts of democracy like justice, liberty, equality, and fraternity, which are important to citizens and embed them early on in children's daily lives. The Department has produced and disseminated several such educative videos on the rights and duties of citizens.

Dr HC Mahadevappa, Minister for Social Welfare, himself appears in one of the educative videos where he talks about one's rights and fighting injustice. He takes on the role of a teacher who expels a student from class for misbehaviour in class and later asks other students if it was the right thing to do. Most of them are aware that it was wrong of the teacher to deny him a seat in the classroom but do not protest. The teacher makes them aware of their rights to question injustice and how the Constitution allows it. A two-day conference on Constitution and National Unity to discuss justice, liberty, equality, and fraternity was initiated to help shape the future. The Government of Karnataka is organising the convention on February 24-25, 2024, to commemorate the 75th year of the adoption of the Constitution of India. The Convention endorses the government's commitment to constitutional values and enables citizens to find their true identity as a nation.

CM Siddaramaiah inaugurated the 2-day Constitution & National Unity Convention in Bengaluru on Saturday

The CM of Karnataka, Siddaramaiah, said, "It is the responsibility of every government to eradicate inequality in the country. In a society with social and economic inequality, political democracy can succeed only when it rests on the foundations of social democracy."

Tejas Chakravarthy, a boy from Chamarajnagar, displayed awareness by orating the main parts of the document.

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Don't disturb the nest, let birds be, say rescuers

Animal rescue centres advocate for coexistence amidst public misconceptions and fear; seek public awareness to protect urban wildlife habitats

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Some city-based animal rescue centres have highlighted that there is an increasing number of calls by citizens to remove birds' nests on their balconies and window sills. They say they receive calls to relocate or remove nests of animals like barn owls, kites, bats, and squirrels, especially during nesting seasons. Currently, the breeding season for Black Kites, coinciding with summer, is in full swing in Bengaluru. These raptors typically build nests on tree branches, towers, cliff ledges, or buildings in close proximity to people.

"We are receiving calls urging relocation of bird nests this season too. So far, we've received over six requests for relocation. Reasons range from superstitions about owls being harbingers of misfortune to hygiene concerns over owls and bats in living quarters, disturbance caused by the eerie screeches of barn owls at night, and fear of these animals attacking people," said Subiksha Venkatesh, rescue manager, Avian and Reptile Rehabilitation Centre (ARRC).

Experts say in a city like Bengaluru where humans and urban wildlife share the same space, interaction between the two is inevitable. However, public perceptions sometimes teeter on the edge of fear, misconceptions, and a lack of understanding about our wild neighbours.

However, the good news is that the rescue centres have successfully assisted most people in sharing their space for a few months so these birds can raise their chicks. Experts say young wildlife thrive best in the wild with their parents unless they are sick or injured.

"We do get requests to remove bird nests, mostly of Barn owls. They are associated with bad luck and are considered a nuisance since they make peculiar sounds. However, in almost all cases so far, we have been able to explain the role of these birds in the ecosystem and have convinced the callers to let them be. Most people are compassionate and understanding, willing to make compromises for a few months," said Dr (Colonel) Nawaz Shariff, chief veterinarian, People for Animals (PFA).

> **"Reasons range from superstitions about owls being harbingers of misfortune to hygiene concerns over owls and bats in living quarters** – Subiksha Venkatesh, rescue manager, Avian and Reptile Rehabilitation Centre

Experts say citizens must resist the urge to intervene with nests. Instead, reach out to rescue centres for advice.

"Last year alone, we attended over 100 cases and successfully reunited and renested displaced wildlife with their families. Recently, a concerned citizen from Domlur alerted us about two Black Kite hatchlings that had been 'birdnapped' from their nests by an uninformed construction worker intending to raise them as pets.

We were able to quickly intervene and successfully renest the two hatchlings back in their nest. Our team educated both the construction worker and the public about the implications of relocating chicks," added Venkatesh.

Crackdown on shop signboards on footpaths

The city traffic police have registered 84 cases across the city to crack down on shopkeepers whose signboards (name boards) on footpaths were causing trouble to pedestrians. A special operation was conducted for four days targeting those who placed signboards on footpaths in the East Division's Tippasandra Main Road, Indiranagar 80 Feet Road, Hennur Main Road, Kasthurinagar, and surrounding areas.

Notices were issued against those who placed signboards in front of shops, obstructing pedestrian traffic. 84 cases have been registered against shop owners under the Karnataka Police Act for obstructing pedestrian traffic. The police stated that a warning has been issued to owners who repeatedly violate the notice under CRPC 107 security bond.

Footpaths should remain open to pedestrians, so signboards are instructed not to be placed there. Repeat offenders violating these instructions will face a security bond penalty ranging from Rs 50,000 to Rs 1 lakh. A senior police officer mentioned that if the rules continue to be violated, the bond will be forfeited. **— Ahna Prakash**

Temple tax bill fails to pass in Legislative Council amid uproar by BJP

The Congress that brought the Hindu Religious Endowment Amendment Bill in the Karnataka Legislative Assembly could not pass the bill despite a 10-minute adjournment due to the lack of strength of the government in the State's Council. The opposition expressed great displeasure against the Bill. Karnataka Minister Ramalinga Reddy bowed to the opposition's pressure and said that he will present the bill again on Monday. But Deputy Chairman of Karnataka Legislative Council Pranesh had objected to this. The Deputy Speaker said that once a bill has been discussed, it cannot be postponed.

The proceedings were adjourned for 10 minutes to discuss and decide. As the proceedings resumed, Congress inevitably put the Religious Endowment Bill to a vote. A large number of BJP and opposition members participated. Only five members of the ruling party were present. More MLAs voted against the bill in the Assembly. Thus, the bill could not be passed. As the bill fell, BJP members raised 'Jai Shree Ram' slogans while Congress members shouted 'Bharat Mata Ki Jai.' Meanwhile, after criticisms regarding the Karnataka government's amendments to the Hindu Religious Institutions and Charitable Endowment Bill, ministers Ramalinga Reddy and Dinesh Gundu Rao came in defence of the decision while criticising the opposition, BJP.

Minister for Transport, Ramalinga Reddy alleged that BJP is 'anti-Hindu' adding that the party which was in power in 2011 had made the amendments to the Bill. Minister for Health, Dinesh Gundu Rao said that the BJP should realise the Bill is for the benefit of the temples. Karnataka CM Siddaramaiah said that the allegations regarding the amendments to the Bill "appear to be misrepresented", "aiming only at misleading the public" and "polarising people along communal lines for political leverage."

The Bill mandates the state to collect 10 per cent tax from temples generating revenue exceeding Rs 1 crore and 5 per cent from shrines with revenue of between Rs 10 lakh and Rs 1 crore. **— ANI**

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Poster problems

KR Puram

A cutout of a politician near the government hospital is obstructing footpath access, raising questions about the role of the nearby BBMP office in allowing such acts.

Manhole menace

Nagawara

There is an unlevelled manhole near the traffic signal on the way to Tannery Road Bus Stop that has turned into a pothole, causing traffic jams and posing a danger to two-wheelers for the past few years.

Broken footpath

D'Souza Road

A complaint about the missing footpath stone slab has been reported to BBMP engineers for over a year, yet no action has been taken, exposing pedestrians to the risk of tripping and falling into the ditch.

Severe staff shortage has govt depts struggling

IT dept has 80% shortage of workers, while Inland Dept has lowest vacancy rate at 17.30%

When visiting a government department, it is not uncommon to encounter a shortage of personnel, with employees expressing their concerns about limited resources and the burden of additional work. A recent analysis of government departments in the state has revealed significant staff shortages thereby presenting challenges to effective service delivery and administration.

According to the statistics sourced by BM, the Information Technology department has the highest permanent staff shortage at a staggering 80%, with only 15 out of the approved 75 staff members currently in position. This shortage raises concerns about the state's ability to effectively utilise technology for governance and digital initiatives.

Across departments, shortage amounts to 52.03%

In contrast, the Inland department has the lowest percentage shortage at 17.30%. The shortage of staff has far-reaching implications across departments. For instance, the primary and school education sector is grappling with a shortage of 62,145 personnel, representing a vacancy rate of 21.86%. Similarly, the Health and Medical Education departments have a working staff of 31,196 individuals, falling significantly short of the approved count of 74,799.

> **We are demanding that the vacant posts be filled on priority basis. We have also proposed a five-day workweek to improve operational efficiency**
>
> –State Govt Employees assn member

On an average, across all departments, the overall shortage amounts to a staggering 52.03%. Some of the departments with higher shortages include Agriculture (63.51%), Animal Husbandry (56.04%), Food and Civil Supplies (51.03%), and the Women and Child department (49.04%).

During the recent Assembly Session, Chief Minister Siddaramaiah said, "To ensure minimal disruption to day-to-day operations, we have assigned additional responsibilities to existing staff." To cope with the shortage, the government has also relied on outsourced staff, employing 75,474 individuals in Group C and Group D categories.

However, the employees are not happy with the situation. A representative from the Karnataka State Government Employees Association said, "The current situation is such that one employee is supposed to do the work of two others. Hence, we are demanding the government to fill the vacant posts on priority basis. Meanwhile, we have also proposed a five-day workweek to improve operational efficiency besides cost savings." The association proposed adjustments to office hours and weekly off-days, drawing inspiration from successful implementations in many Central Government offices.

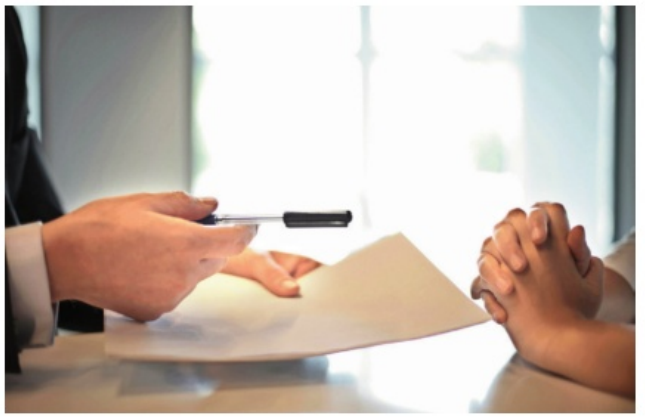
Loan accounts: RBI puts stop to compounding penalty charges

The Reserve Bank of India (RBI) has extended the deadline for implementing charges levied on loan accounts. As per the circular issued by the RBI on December 29, 2023, the deadline has been extended by three months and new rules will be introduced from April 1, 2024, but not later than June 30, 2024.

In August 2023, the RBI issued a circular on how banks can levy penalties on loan accounts. The new guidelines were supposed to come into effect from January 1, 2024. However, considering that certain clarifications were needed in this regard and additional time was required by banks and NBFCs the implementation date is extended.

As per the circular issued on December 29, 2023, "In terms of paragraph 3 (viii) of the circular, the instructions were to come into effect from January 1, 2024. However, considering that certain clarifications and additional time has been sought by some regulated entities (REs) to reconfigure their internal systems and operationalize the circular, it has been decided to extend the timeline for implementation of the instructions by three months. Accordingly, REs shall ensure that the instructions are implemented in respect of all the fresh loans availed from April 1, 2024 onwards. In the case of existing loans, the switchover to new penal charges regime shall be ensured on the next review/ renewal date falling on or after April 1, 2024, but not later than June 30, 2024."

Hence, for all the new loans issued on or after April 1, 2024, the penal charges that will be levied in case of default will be based on the revised guidelines. However, for existing loans the revised penal charges must be implemented by June 30, 2024.



What are the revised guidelines?

RBI issued the new guidelines after it was observed that many banks use penal rate of interest, over and above the applicable interest rates, in case of defaults / non-compliance by the borrower with the terms on which credit facilities were sanctioned.

The circular issued in August 2023 clarified that penalties, if imposed due to non-compliance with the terms and conditions of a loan contract by the borrower, would be considered as 'penal charges' and not as 'penal interest' added to the interest rate on the advances. Consequently, there would be no capitalization of penal charges, meaning no additional interest would be calculated on such charges. However, this clarification would not impact the standard procedures for compounding interest in the loan account.

The circular emphasized that the amount of penal charges should be reasonable and proportionate to the degree of non-compliance with the terms and conditions of the loan contract, without any discriminatory practices within a specific loan or product category. For loans granted to 'individual borrowers for purposes other than business,' such as home loans and personal loans, the penal charges should not exceed those applicable to non-individual borrowers for similar non-compliance.

Banks are required to disclose the amount and rationale for penal charges in the loan agreement, and crucial terms and conditions, including a Key Fact Statement (KFS) where applicable, should be prominently displayed on the banks' websites under the Interest Rates and Service Charges section. In cases where reminders for non-compliance are sent to borrowers, the relevant penal charges must be communicated. Any instance of imposing penal charges and the reasons for such action should be communicated to the borrowers.

-Preeti Motiani, ET Online

Advertorial

On 24th Feb.2024 Union bank of India organized a Mega Retail Expo "Retailathon-2024" in Bengaluru City at Grand Castle, Gate No. 06, Palace Ground near Makhri Circle . The Mega event was inaugurated by Shri Navneet Kumar, General Manager & Zonal Head, Union Bank of India, Bengaluru.

In his inaugural speech he said that in Bengaluru city Union Bank of India has three Regional Offices with over 200 Branches and six Retail loan points to facilitate the retail products. Hence keeping in mind the basic needs of people such as House, Automobile and Education, Union Bank of India had taken an initiative to facilitate the financial needs of people with its various retail products under one roof.

In this Mega event there were total 65 stalls put up by eminent Housing project developers, Automobile dealers, Education Consultants, roof-top solar panel dealers and Bank's Channel Partners of Bengaluru City. They attended the queries of visitors related to housing projects, Automobiles and Educational institutions. Union Bank offers one of the best interest rate in banking industry on various retail loan products such as Home Loan, Automobile Loan, Education Loan and other retail products to meet their financial needs. On this occasion, many visitors were handed over in -principle loan sanction letters on the spot.

Some 1000 people had attended the Mega event and made it a grand success. They enquired about the bank's various retail products. In this event Union Bank of India had made all arrangements for visitors such as refreshment, vehicle parking and kids zone. During this event, hourly lucky draw with lucrative prizes was a pleasant surprise for the visitors. Union Bank of India has mobilized substantial amount of retail loans from this Mega event.

On this occasion Shri Pankaj Kumar Kapsime, DGM & deputy Zonal Head, Shri Asim Kumar Pal, DGM & Regional Head, Bengaluru South, Shri R Jyothi Krishnan, DGM & Regional Head, Bengaluru East, Shri Rajender Kumar, DGM & regional Head, Bengaluru North, Shri Rajesh Kumar Mishra, Asst. General Manager & Zonal Credit Dept. Head and other executives and Bank staff were present. ■

Science of fun

Students, teachers and parents accompanied by their kids on campus during IISc Open Day events that showcase the institute's activities to students and general public

Architects oppose bill that 'affects profession'

Architects have raised objections to provisions in Karnataka Professional Civil Engineers Act 2024 (KPCEA BILL) (LA Bill No.8 of 2024) that was passed recently. The architects stated that the Act infringes on their rights and could affect their profession.

Subbaiah, a practising architect, said, "The Architect's Act of 1972 is a central legislation that regulates the profession of architecture in India. The Act provides for registration of architects, standards of education, recognised qualifications, and standards of practice to be complied with by the practicing architects. The Act also establishes the Council of Architecture as the statutory authority to oversee the implementation of the Act and its provisions."

He further added that, "The KPCEA bill, on the other hand, is a state-level legislation that seeks to regulate the practice of civil engineering in Karnataka. The bill proposes to create a Karnataka Professional Civil Engineers Council, which would have the power to issue licenses, prescribe qualifications, and enforce standards for civil engineers."

The architects said the KPCEA bill could overrule the provisions given to architects by the Architects Act of 1972 and it could create a conflict of authority between the central and state authorities, as both the Council of Architecture and the Karnataka Professional Civil Engineers Council would claim to regulate the domain of Conceptual plans of buildings. "The bill could undermine the autonomy and authority of the Council of Architecture, as the Karnataka Professional Civil Engineers Council would have the authority not to permit construction," he said. **-BMB**

Chikkabanavara Lake sees ₹12-cr sliver of hope

Lake plagued by sewage flow from residential units since 2010

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TWEETS @BangaloreMIRROR

Along with the development of Dr Shivaram Karanth Layout, the Bangalore Development Authority (BDA) will also start rejuvenation work on the sewage-infested Chikkabanavara lake at the cost of Rs 12 crore.

BDA has floated the tender for the development of Chikkabanavara Lake in Chikkabanavara Village, Yeshwanthpura Hobli, Bengaluru North Taluk at the cost of Rs 12.60 crore. Spread over 170 acres, the lake has been receiving sewage inflow from residential units since 2010.

As part of the rejuvenation, BDA will be removing silt or silt-mixed sand from the lake bed and depositing it in the spoil bank or on the specified dump yards. The agency will also have to desilt the tank bed in dry/wet condition by excavating the deposited bed material and disposing of it as per BDA requirements. BDA also plans to construct a walkway earthen embankment all along the periphery of the lake boundary. They will also be constructing a wastewater diversion drain for the lake. BDA will also be using Hariyala or other approved quality turfing sods for holding the earthen embankments.

The Chikkabanavara Lake is spread across 170 acres

Residents of the area are happy with the BDA decision to rejuvenate the lake. "There is sewage entering from the south and east part of the lake and the lake is completely polluted. Sewage is being let into the lake by nearby residential layouts. There is already a 5 MLD STP in place and more are being planned. The situation of the lake has remained like this since 2010. We have been requesting Chikkabanavara TMC, the Environment Department, and now BDA for the last four years. We have learned that the TMC has also allocated Rs 2 crore for the lake development. Officials also need to look into developing the ecosystem for the 3-4 species of birds that frequent the lake. We want officials to build bunds, walking tracks, gyms and complete fencing of the lake," said Naveen Kumar, Chikkabanavara lake activist.

In 2019, the Karnataka State Pollution Control Board (KSPCB) also conducted an audit and issued notices to nine apartment complexes in the area for letting in sewage into the lake.

"Officials need to look at developing the ecosystem for the 3-4 species of birds that frequent the lake. They should make bunds, walking tracks... –Naveen Kumar, lake activist

BM Health

Diabetes patients face increased risk of anaemia

If you have diabetes, it's essential to have your blood screened every year because every fourth person with the condition also develops anaemia over time. Diabetes can lead to a deficiency in red blood cells, increasing the risk of complications such as eye and nerve damage. This advisory comes from experts at the Research Society for the Study of Diabetes in India (RSSDI). According to them, around 26% of diabetic patients suffer from anaemia, which can lead to further health issues, including deteriorating heart and kidney health.

Experts point out that kidney problems can cause a reduction in blood volume in diabetic patients. Healthy kidneys regulate the production of new red blood cells by secreting the hormone erythropoietin. When kidney function is impaired, it can lead to swelling in the surrounding blood vessels, disrupting haemoglobin levels. To mitigate the risks associated with anemia, experts recommend that diabetic patients undergo regular check-ups to detect and prevent the disease in its early stages.

Additionally, experts note that stress and inadequate sleep also contribute to diabetes. Stress disrupts hormonal balance and strains the endocrine system. "When stressed, our bodies release hormones like cortisol and adrenaline, which can elevate blood sugar levels and hinder insulin effectiveness, both of which contribute to diabetes. Meanwhile, lack of sleep disrupts hormone production, affecting appetite regulation and increasing the risk of overeating and weight gain, both of which are diabetes risk factors," they explained.

Moreover, dietary habits play a crucial role in managing diabetes and preventing associated complications like anemia. Consuming a balanced diet rich in iron, vitamins, and minerals is essential for maintaining healthy blood cell production and overall well-being. Diabetic individuals should focus on incorporating iron-rich foods such as leafy greens, beans, nuts, lean meats, and fortified cereals into their meals. Additionally, vitamin C-rich foods like citrus fruits, strawberries, and bell peppers can enhance iron absorption, supporting the body's ability to combat anaemia.

Regular physical activity is another cornerstone of diabetes management. Exercise helps improve blood circulation, reduces insulin resistance, and promotes weight management, all of which are vital for controlling diabetes and preventing complications like anemia. Engaging in activities like brisk walking, cycling, swimming, or yoga for at least 30 minutes most days of the week can significantly benefit individuals with diabetes. It's essential to consult with healthcare professionals before starting any exercise regimen to ensure it's safe and suitable for individual health needs and conditions, experts added.

THE SUNDAY READ

Every last drop

Workers busy welding huge pipes, above Vrishabhavathi River on Uttarahalli Main Road for the drinking water project

Ground water slated to be saviour for Bengaluru; new borewells to be drilled in core areas that were untouched for many years

| Sridhar.Vivan@timesgroup.com

TWEETS @sridharvMIRROR

The BBMP and BWSSB have opted to harness more groundwater resources to address the growing demand. Notably, no borewells have been drilled in central areas for many years; however, this policy will be temporarily reversed to initiate drilling activities in historic parts of Bengaluru.

Additionally, BWSSB will enlist 100 tankers, facilitating water supply by BBMP to 110 villages now under BBMP's jurisdiction, as these areas are yet to be connected to the Cauvery piped water system. Completion of the Cauvery fifth stage works is expected by the end of April, with water supply through pipelines expected only by May.

After a coordination committee meeting between BWSSB and BBMP officials on Saturday, BBMP Chief Commissioner Tushar Giri Nath announced, "BBMP is allocating Rs. 131 crore to address the water crisis, with Rs. 40 crore designated for water tanker maintenance and the remainder for borewell drilling. The cost for drilling each borewell ranges from Rs. 8 to Rs. 10 lakh, and with this funding, we anticipate drilling approximately 100 borewells. These funds will primarily target five outer zones, encompassing 110 villages, namely Mahadevapura, Bommanahalli, RR Nagar, Dasarahalli, and Yelahanka. The most acute issues are concentrated in 58 villages, with Mahadevapura (16) and RR Nagar (25, including 15 in Yeshwanthpur constituency) facing significant challenges, followed by Bommanahalli with five, and Yelahanka and Dasarahalli zones with three each."

In the 110 villages, 40,000 households will receive water once a week from BWSSB, he said. "Despite efforts to drill deeper and rejuvenate, declining water tables necessitate the drilling of new borewells. BWSSB has allocated Rs. 20 crore for this purpose, with finalised tenders dictating the commencement of borewell drilling," he said.

Pumping capacity

The BWSSB has marginally increased its water pumping capacity amid the crisis. BWSSB chairman Ram Prasath Manohar V explained, "Our capacity stands at 1,450 MLD of water, supplemented by an additional 22 MLD from standby pumps. However, further augmentation is unfeasible as we are utilising every available drop of Cauvery water with our standby motors. Within BWSSB limits, there are 11,000 borewells designated for public use, alongside 4.5 lakh private borewells utilising both Cauvery water and their private sources. Currently, both public and private borewells are experiencing a decline in water levels, exacerbating the reliance on Cauvery water and affecting distribution."

He said that in Bengaluru's core areas, boreholes typically reached depths of 600 to 700 feet.

"We are exploring the possibility of extending these depths by an additional 200 feet. Pending approval from water geologists, we may proceed with re-drilling. If not feasible, new boreholes will be considered, failing which water delivery via tankers will be implemented. Borehole drilling will be selective, focusing only on areas with demonstrated need."

> **"BBMP is allocating ₹131 cr to address the water crisis, with ₹40 cr for tanker maintenance and the remainder for borewell drilling**
>
> –Tushar Giri Nath, BBMP chief

Borewell situation

BWSSB caters to the water needs of 10.84 lakh households. Among the 10,955 public borewells, 1,214 have completely dried up, while the water levels in another 3,700 borewells have significantly declined. In Bengaluru, there are 257 locations facing water crisis. Presently, 68 water tankers are operational for water supply, with plans to acquire 18 additional tankers and hire 200 more for this purpose. Bengaluru's water allocation stands at 19 TMC feet of water. From February to July 2024, a demand of 9.48 TMC feet of water is projected solely to meet the city's water requirements.

BBMP says it will not regulate water tanker prices 'for now'

| Sridhar.Vivan@timesgroup.com

TWEETS @sridharvMIRROR

With 'limited' Cauvery water supply and borewells going dry, many Bengalureans are now highly dependent on tanker water for their daily requirements. Cashing in on the demand many tanker owners have increased the price and some are even charging as high as Rs 2,500 per tanker.

Since then there is a growing demand to curtail the tanker prices and the government regulating the prices. However, the BBMP clarified on Saturday that it has no intention for now to fix the tanker prices. This decision has disappointed citizens. "Even Deputy Chief Minister DK Shivakumar recently announced the price would be fixed. We are tired of being fleeced by them. How long can we keep on paying higher prices as we are sure that the prices will go up as the temperature soars in the city in coming months?" said Divya Kumar, a resident of Mahadevapura.

BBMP Chief Commissioner Tushar Giri Nath explained that the BWSSB will request the Deputy Commissioner to take action under the Disaster Management Act. "We will procure 200 tankers from private sources, with BWSSB covering the expenses. To address the tanker price issue, BWSSB will supply water via tankers at key locations and permit night operations."

Regarding the setting of fares, two approaches are being considered. "There are three regulatory measures at our disposal, including government intervention if the situation worsens. While the possibility of taking control of all water tankers exists for the future, it is not currently under consideration. Regarding BBMP trade licenses, verification ensures compliance, including confirmation of legal water sources, preventing the unauthorised use of domestic borewells for commercial purposes. The regulation of borewells falls under the jurisdiction of the Karnataka Groundwater Authority, which approves water sources. While we have the authority to regulate tanker water supply in the city, we are refraining from doing so at present, as the current demand in February requires only 200 to 300 tankers, well below the total available."

Nath added that there are approximately 50 water points with the BWSSB from which tankers can draw water. "We can either allow them to access this water for free or at subsidised rates, with the option to let the tankers determine their prices. However, if the supply from these points diminishes, tankers may need to travel further, incurring higher costs which could lead to increased charges. Alternatively, we could aim to acquire as many tankers as possible and, on behalf of BWSSB, subsidise their operations."

He said that providing free water and then attempting to set prices could potentially result in a water shortage.

Despite BWSSB's provision of a fixed 1,450 MLD of water, increasing demand stems from residents previously reliant on personal borewells now turning to BWSSB as their water levels have depleted. BWSSB currently possesses 68 tankers, which proves insufficient due to the shortage. Nath said there are plans to acquire 100 tankers this month and 120 the following month.

Nath said that currently, 1,472 MLD of water was being supplied to 1.42 lakh people, equating to less than 100 liters per person per day (LPCD), excluding leakage. This falls short of the standard requirement of 200 LPCD.

He said that though at present, they prefer not to intervene, as the situation hasn't escalated to that extent, the civic agency is monitoring the situation closely. "We have the capability to assume control of all 3,000 tankers if necessary, although such action is currently deemed unnecessary."

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

VALLEY VIEWS

A beautiful view of Hogenakkal, with its cascading waterfalls and serene surroundings.

The picture was clicked by reader **NJ Ravi Chander**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Skywalk struggles: Lights out, danger in

Lack of lighting and maintenance turns once-promising pedestrian route via the skywalk into hazardous journey

Sridhar Vivan
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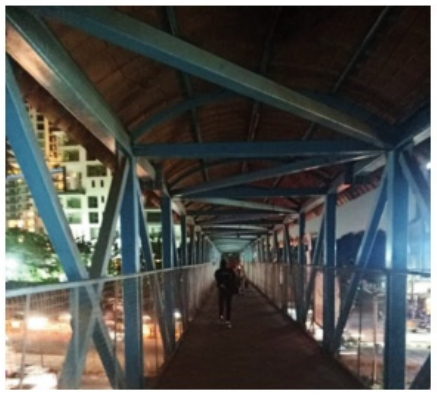
TWEETS @sridharvMirror

There were numerous protests advocating for the construction of a skywalk at Esteem Mall. However, today, it sees limited usage. In fact, what was once envisioned as a secure passage for pedestrians crossing the airport road has now transformed into a hazardous route due to inadequate lighting and poor maintenance. The absence of electric lights casts the skywalk into darkness after dusk, posing significant risks to pedestrians, especially the elderly, women, and children.

Shivprasad S, a reader of BM, remarked, "The skywalk is like a dark alley at night. It's terrifying. Many avoid using it after sunset. It's not safe for anyone, especially for women travelling alone." The dire situation is compounded by the perpetual congestion of traffic on the road. Crossing the road without the skywalk is a perilous endeavour, compelling pedestrians to rely on the poorly lit structure for safe passage. However, the lack of lighting creates an environment ripe for opportunistic crimes, leaving vulnerable individuals susceptible to theft or assault.



G Chandrashekar, a resident of Hebbal, lamented, "The skywalk was supposed to provide a safe crossing, but now it's a breeding ground for anti-social elements. We have pleaded with authorities to install lights, but our concerns have fallen on deaf ears." The necessity for a skywalk in this location was underscored by a series of tragic accidents that claimed the lives of pedestrians attempting to cross the busy thoroughfare. Public demands for a safer crossing solution led to the construction of the skywalk. However, its current state fails to fulfil its intended purpose, leaving pedestrians in a precarious position.

Vandana K, a frequent commuter, stated, "While the skywalk was a step in the right direction, its effectiveness is undermined by its poor maintenance and lack of basic amenities. Many people are reluctant to use it due to the absence of elevators or escalators. Climbing stairs can be challenging for the elderly or those with mobility issues. Indeed, the condition of skywalks across the city has been a subject of widespread dissatisfaction. Poor maintenance and inadequate facilities deter pedestrians from utilising these structures, compelling them to opt for the perilous alternative of crossing the road amidst traffic. It's a catch-22 situation. We're told to use the skywalks for safety, but they're poorly lit and often dirty."

Activists argue that urgent efforts are needed to enhance the safety and usability of skywalks. Installing proper lighting, maintaining infrastructure, and providing essential amenities such as elevators or escalators are crucial steps towards ensuring the effectiveness and accessibility of these pedestrian facilities. Until then, the skywalks remain perilous paths fraught with danger for those who depend on them for safe passage.

DID YOU KNOW?

Established in Bangalore on December 23, 1940, by Walchand Hirachand in collaboration with the Kingdom of Mysore, Hindustan Aeronautics Limited (HAL), initially known as Hindustan Aircraft Limited, commenced its journey with its headquarters at the "Eventide" bungalow on Domlur Road. Now under the administration of the Indian Ministry of Defence, HAL is a prominent state-owned entity deeply engaged in the aerospace industry, encompassing the manufacturing, assembly, and maintenance of aircraft, navigation systems, communication equipment, and airport operations. Pioneering the production of South Asia's first military aircraft, HAL continues to lead in aircraft, jet engine, and helicopter design, fabrication, and assembly, along with producing their components and spares.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

How do you like to spend your evenings in Bengaluru?

Shashi Kumar, BM Reader
Evenings in Bengaluru are best-spent pub hopping in Indiranagar. The vibrant pub scene in this area offers a perfect blend of lively atmosphere and diverse drink options, making it an ideal destination for unwinding after a long day.

Varalakshmi, BM Reader
My favourite way to spend evenings in Bengaluru is by indulging in some retail therapy on Brigade Road. The bustling streets lined with shops and boutiques offer a plethora of options for fashion enthusiasts like me.

Abhishek, BM Reader
Spending evenings in the city means unwinding at cosy cafes in Koramangala. These quaint cafes offer the perfect setting for relaxing and enjoying conversations over a cup of coffee or tea.

Chaithra, BM Reader
Evenings are best enjoyed by the tranquil Ulsoor Lake. Taking a boat ride or simply unwinding by the water allows me to immerse myself in the serene ambience of this natural oasis.

Karthik R, BM Reader
Exploring night markets like Sunday Soul Sante or various flea markets is my favourite way to spend evenings in Bengaluru. These markets offer a treasure trove of unique finds, from handmade crafts to artisanal products.

Sandeep, BM Reader
Eveningsin the city are all about unleashing my inner rockstar at karaoke nights hosted by pubs and bars. Singing my favourite tunes and enjoying the lively atmosphere of karaoke nights adds excitement to my evenings.

SPEAK TO US

Can you share some tips which you follow to save water in your home?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

HEALTH TIP: Nuts, seeds, spinach and wholegrain carbohydrates are all high in magnesium, so make sure you get some of these daily

Apples are rich in soluble fibre which we need for a healthy digestive system

BangaloreMirror | 9
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MIND, BODY & HEART

All you need to know about...

Traffic pollution

Linked to Alzheimer's
People with higher exposure to traffic-related air pollution are more likely to have high amounts of amyloid plaques in their brains associated with Alzheimer's disease, according to a study.

Just a link
The study, published in the online issue of Neurology, does not prove that air pollution causes more amyloid plaques in the brain. It only shows an association. Researchers from the Emory University in Georgia, US, examined the brain tissue of 224 people who agreed to donate their brains at death to advance research on dementia. The people had died at an average age of 76.

The experiment
They looked at the traffic-related air pollution exposure based on the people's home address. The average level of exposure in the year before death was 1.32 micrograms per cubic metre and 1.35 micrograms per cubic metre in the three years before death. Researchers then compared pollution exposures to measures of the signs of Alzheimer's disease in the brain: amyloid plaques and tau tangles.

Higher levels of plaques
They found that people with higher exposures to air pollution one and three years before death were more likely to have higher levels of amyloid plaques in their brains. People with 1 micrograms per cubic metre higher PM 2.5 exposure in the year before death were nearly twice as likely to have higher levels of plaques, while those with higher exposure in the 3 years before death were 87% more likely to have higher levels of plaques.

Particulate matter
"These results add to the evidence that fine particulate matter from traffic-related air pollution affects the amount of amyloid plaque in the brain," said Anke Huels, from Emory University.

—IANS

TASTE OF THE GOOD LIFE

Celebrities share their go-to recipes

RED RICE

Michelle Obama shares her family's cherished recipe for red rice, a dish rooted in her South Carolina heritage. Reflecting on how she was influenced by all the things that she saw and experienced in that little old kitchen, she says, "The conversations around my household about fairness and honesty and how to be a person in this world, how to treat others, the compassion that all happened around the table, either by spoken word or story, or just watching my father pay the bills every week at that table. The humour that I have, my ability to tell stories and laugh at myself and laugh at the world, it happened at that table, those stories happen there in that little bitty kitchen.

—Michelle Obama

INGREDIENTS
- 1 cup of long grain white rice
- 1 chopped white onion
- 1 ½ cup of tomato juice
- 1 teaspoon kosher salt
- 1 teaspoon pepper
- 1 dash of tabasco
- 1 cup crumbled bacon
- ¼ tablespoon bacon drippings
- 500 gm chopped shrimp
- 500 gm sausage roll

METHOD
- Cook the bacon until crispy, then set it aside and save the drippings. Cook the shrimp separately, either by steaming or sautéing, and set them aside.
- Crumble and crisp up the sausage, drain the grease, and set it aside as well.
- Sauté the chopped onion in the reserved bacon drippings until golden brown, then set it aside.
- In a large saucepan, combine the uncooked rice, tomato juice, salt, pepper, and Tabasco sauce according to package instructions.
- Once the rice is cooked, mix in the cooked shrimp, crumbled bacon , and sausage.
- Stir everything together well and enjoy your delicious dish!

BRAZILIAN CHICKEN STROGANOFF

Matthew McConaughey and Camila Alves McConaughey discuss how their childhood kitchens influenced their identities and relationships, revealing their approach to resolving conflicts with tea and tequila. Matthew recounts, "But the kitchen is where everything went down. The kitchen's where we cried when our heart was broken from a girlfriend breaking up. The kitchen's where my brother Pat got in trouble for getting caught with the bag of weed. Then the kitchen's where we said our gratitude and prayers around the lazy Susan. The kitchen's where we told stories, where I learned as a youngster in my family, if you want to get a story, you better hit the gap because a gap is not going to be there in the conversation long."

—Matthew McConaughey & Camila Alves McConaughey

INGREDIENTS
- 3 tablespoons avocado oil
- 6 cloves of garlic, smashed or grated
- 1 teaspoon salt
- 1 medium-sized diced white onion
- 1 tablespoon achiote annatto powder (orange-red condiment for food colouring)
- 1 medium-sized quartered fresh tomato
- 3 bone-in split chicken breasts with skin
- ¼ red bell pepper, cut into thin strips
- 4 cups of water (divided in half)
- ¼ cup of chopped cilantro
- 1-2 bay leaves
- 2 tablespoons of media crema (table cream)
- 1 cup of canned corn cup of sliced pitted green olives

METHOD

FOR SERVING
- Shoestring potato sticks
- **Cooked rice Method:** In a large soup pot over medium heat, add avocado oil, smashed garlic, and salt. Stir until garlic is fragrant.
- Add diced onions and cook until translucent. Then, add quartered tomatoes and cook until soft and mushy.
- Push ingredients to the side and add annatto powder to the middle of the pot. Let it cook briefly, then mix with other ingredients to form a paste.
- Place chicken skin side down in the pot to brown. After a few minutes, push ingredients aside and add bell peppers.
- Pour enough water to cover the chicken (about 4 cups). Add cilantro and bay leaves.
- Cover the pot, bring to a boil, then reduce heat and simmer for 2-3 hours until chicken is tender and can be easily shredded.
- Remove chicken from the pot, let it cool, then shred meat, discarding bones and skin. Reserve broth for other recipes.
- In a large skillet over medium heat, add shredded chicken and 2 tablespoons of media crema (table cream), mixing until well combined.
- Stir in canned corn and sliced green olives, heating until warmed through. Add reserved broth if needed for the required consistency.
- Serve your Brazilian Chicken Stroganoff over rice, topped with potato sticks.

From the Audible Original podcast 'Your Mama's Kitchen' for IANS

real estate

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How lack of maintenance is depleting Madiwala Lake

CONTINUED FROM PAGE 1

to fill buckets with lake water and use the facility. "Most of the days the toilet has no water supply. We have seen people taking water from the lake and using the washroom. To add to that, religious artifacts can be seen scattered all around. There is nobody to manage these issues," said Priyanka KN, another walker at the lake. G Nagaraj, founder of the Indian Ploggers' Army, confirmed the lack of maintenance and gradual increase of dumped garbage inside the lake boundary.

"We conduct plogging events at lakes across the city and repeat our drives at prominent lakes once in 45-60 days. We conducted plogging at Madiwala Lake in December last year and the situation was much better. We could gather around 16 kg of trash then. However, when we carried out another plog event on Friday, 58 kg of trash got cleared. Madiwala Lake is in bad shape. This is one of the few big lakes left in our city and should not face this apathy," said Nagaraj.

Locals said while the issue has been raised multiple times with BBMP officials concerned, the situation on ground has not improved.

"We have reached out to BBMP officials on multiple occasions. On a couple of occasions, we were told that we should let a citizen group do the clean up," added Tripathi.

BBMP pleads lack of fund

"The lake was handed over to us in the middle of a financial year. By then we were done with fund allocations. Thus, there is no money left to maintain Madiwala Lake. However, KFD collected Rs 2.5 crore from boat riding and other activities earlier. We have written to them to hand over this fund so the lake can be maintained," said a BBMP official from the lake department.

The BBMP had announced in January that the waterbody will be developed and a sum of Rs 15 crore has been allotted for the purpose under the 15th finance commission grant. After receiving the fund, the civic agency had started preparing a detailed project report (DPR) to carry out the development work, which would include removing silt from the lake, improving the main bund and creating a ring bund.

"The DPR is ready and has been sent to the Karnataka Tank Conservation and Development Authority (KTCDA) for approval. Once we get the approval, the tender process for lake development will begin," added the official.

Good shot

Well-timed fifties by Richa Ghosh and Sabbhineni Meghana pushed Royal Challengers Bangalore to a par 157 for six on a slightly tacky pitch against UP Warriorz in their WPL match here on Saturday. PIC: KAUSHIK JN

'Over-dependence on Cauvery supply a problem'

CONTINUED FROM PAGE 1

"We want the BWSSB to take control of the six BBMP borewells and those under commercial use. They should ensure tankers are supplying water at the local level. Already, shortage has set in and the supply will reduce by March. Currently, we are supplied in an 8-15 days interval. Without adequate measures, Bengaluru could go into crisis mode. Additionally, to have control over the ground situation, we want to request the government to relieve BWSSB staff from election duty," said Raghu Rajagopal, president, Koramangala 4th Block RWA.

"We know the groundwater levels have decreased. There needs to be some measures of pricing control on water tankers and a defined mechanism for the supply of water. There needs to be more usage of recycled water as well and stricter enforcement of rainwater harvesting," said R Rajagopalan, of Bengaluru RWA.

Bengaluru RWA also wrote to the BBMP chief commissioner for stringent enforcement of treated water usage for construction purposes.

"As per a 2019 media report, BBMP Town Planning department had introduced stringent procedures for approval of sanctioned plans to have treated water utilisation as a prerequisite.

Given the alarming levels of groundwater decline this year and the low reservoir levels in the Cauvery basin due to poor monsoon, we need to enforce this after a formal fresh notification and request changes in the bylaws, condition of sanction, if necessary.

The penal provision should include termination of power supply by notice to BESCOM, water supply disconnection in conjunction with BWSSB and suspension of plan sanction until severe penalties are paid and treated water use is proven," stated the letter to BBMP chief. Residents of Whitefield said water supply has reduced but BWSSB officials deny any decline in supply.

"Currently water supply is once a fortnight. The groundwater is exploited by PGs and the construction sector. The public borewells have dried up. Dependence on water tankers has increased and there is a waiting period of five days. Minister of Minor Irrigation from the Water Resources Department of Karnataka, NS Boseraju stated there will be regular audits of borewells and illegal ones will be sealed and confiscated but 10-15 borewells are dug every day in Whitefield.

Cauvery inflow has reduced significantly but BWSSB officials are denying any decline in supply. BWSSB needs to conduct an audit and check for pilferage in the supply of water. The information about inflow and outflow of water supply should be made public," said Sandeep Anirudhan of Whitefield Citizens' Ward Committees.

Experts BM spoke to said the problem lies in overdependence on Bengaluru's Cauvery supply.

"Bengaluru has been overdependent on Cauvery River. The river has been overexploited to meet agricultural and industrial needs. Karnataka should work towards increasing water productivity in the Cauvery watershed. With a big chunk of water resources being used for agriculture, there needs to be research on crop cycle and crop choice and develop less water-intensive agriculture methods.

As a city, Bengaluru needs to focus more on rainwater harvesting and reusing water. We should consider utilising Dakshina Pinakini as a water supply source. Currently, the city is dependent on Kodagu and Sakleshpur. But ultimately, with population increase in Bengaluru, we need to look at shifting growth and development to other cities," said Raj Bhagat, World resources Institute, India.

"The crisis is not in all of Bengaluru but only in areas without BWSSB connections. BWSSB has nearly 1.05 million connections and services nearly 10 million people, it's not a crisis. BWSSB has been working on connecting the rest with the Cauvery Stage 5 project and the delay in the project has led to a crisis for a few pockets of Bengaluru. But we also need to recognise the city's dependence on groundwater through borewells or tankers. We need to harvest more rainwater, keep our lakes ready and supplement them with treated wastewater.

This year, Varthur and Bellandur lakes have been completely dried out for desilting work. If these lakes were ready for use, there would have been significant recharging of groundwater and at least there would have been some water source.

This is also one of the reasons for the water crisis in that area. Bengaluru should also utilise the high-quality treated water from the KC Valley project to raise the groundwater levels. Currently, we can treat up to 1,050 MLD water per day," said Vishwanath S, director of Biome Environmental Solutions.

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Say a little prayer— Actor Ayushmann Khurrana recently paid a visit to the Mahakaleshwar Temple in Ujjain. Taking to Instagram, he posted several pictures from his sacred visit. In one of the images, Ayushmann is seen deeply engrossed in prayer

BangaloreMirror | 13
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Sitting pretty

Nora says women actors are not just here to look pretty

Nora Fatehi is usually known for her glammed up avatars and dance numbers which set the screens on fire. In no time, the actress has made a mark for herself when it comes to her dancing skills and her popularity has reached sky high. However, Nora admitted that she's stereotyped and not many directors have been able to see beyond her glamorous image.

In her latest release, 'Crakk', Nora had tried her hand at action, which is a huge change for the actress. Directed by Aditya Datt and produced by Vidyut Jammwal, the film also stars Amy Jackson alongside Nora. As the team of 'Crakk' spoke to ETimes, Nora urged writers to think of more such interesting characters for female actors.

Amy echoed Nora's sentiments and said, "It's not men against women, it's about great writers and incredible men like Aditya, Vidyut and Arjun that encourage women to perform like this." Nora further quipped, "Yes, it's about pushing our writers to use their brain and write good characters for women because we exist and we are not here to just look pretty."

Having said that, Nora admitted that looking pretty is a full time job too! "Yes, we better look pretty, but it should be pretty with substance," said Nora like a true boss lady!. **—ETimes**

Falling in love

Kiara Advani and Sidharth Malhotra tied the knot on February 7 last year. They continued to keep their relationship private till they got married. Since then, they've been serving couple goals. Kiara and Sidharth fell in love on the sets of 'Shershaah'. In a recent interview, Kiara reveals what made her get married to Sidharth.

She spoke about her bonding and love with her now husband and expressed during a chat with ABP news, "Every time I was with him, I just felt like I was home. That says a lot because I do come from a home where there is a lot of love, nurturing and pampering that happens there… all of us love each other. (Since) It is such a fulfilling home that I come from, when I felt the same thing with someone else, I just knew this was it." The fact that she felt like home when with him, made Kiara sure that he was the one.

Kiara further added that marriage was a very organic decision. "There was never a moment or something specific that happened that made me think like that. It was very organic. It just happened. I believe I am good at balancing my personal and professional lives. I am all heart." **—ETimes**

Kerebete trailer launched

The trailer launch event

Actor-cum-producer Gowri Shankar is excited about the success of a song from his latest movie Kerebete. The video of the song - Malenade Gombe - that was released two weeks ago has received very good response. The trailer of Kerebete was launched by his daughter Eshwari Mana on Friday.

The trailer was to be launched by actor-cum-director Sudeep on Tuesday but it was cancelled. The trailer is available on A2 Music YouTube channel for viewing. Dinakar Thoogudeepa is presenting Kerebete.

With Kerebete, Gowri Shankar makes a comeback to Sandalwood after a gap of five years. Besides playing the lead, he is bankrolling the movie, in association with Jai Shankar Patel, under the Janamana Cinemas banner. Raj Guru is helming the movie while Gagan Badariya has scored music.

The movie is about age-old fishing traditions in Malnad region. It is the third movie for Gowri Shankar as an actor. Prior to this, he has acted in Jokali and Rajahamsa. He has also worked as assistant director for a few Kannada movies.

Bindu Shivaram debuts as a heroine in Sandalwood with this movie. It features Gopal Deshpande, Harini, Sampath Kumar, Raghurajananda, Ramdas, Rakesh Poojari, Chillar Manju, Gowtham Raj, Vardhan Thirthahalli, Ranadheer Gowda, Shekhar K, Devi Prakash, Asha Sujay, Vidya, Kiran Rao, Geetha Mysuru and more than 30 local artistes. **—Y Maheswara Reddy**

Khushi's memory of mom

On Sridevi's sixth death anniversary on Saturday, her daughter and actress Khushi Kapoor shared a picture of her late mother and actress.

Khushi took to Instagram, where she posted a heart-melting old photograph featuring a young Srivedi posing alongside her children Janhvi and Khushi.

In the image, Sridevi is seen wearing a bright blue silk saree. She completed her look with a neatly tied bun and vermillion on her forehead. The children adorably smile at the camera.

Khushi did not put any captions and just posted the picture. Sridevi, who was married to producer Boney Kapoor, had made a name in Telugu, Tamil, Hindi, Malayalam, and Kannada language film industries. She was given the tag of "first female superstar" of Indian cinema. In 2018, she was found dead at age 54, in an accidental drowning in her room in a hotel in Dubai.

Khushi made her acting debut with Zoya Akhtar's 'The Archies' in 2023.

— IANS

Chai-Time

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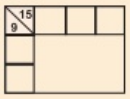
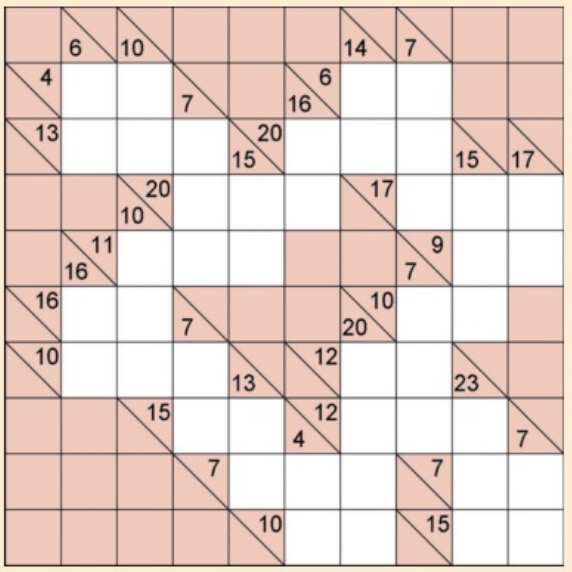
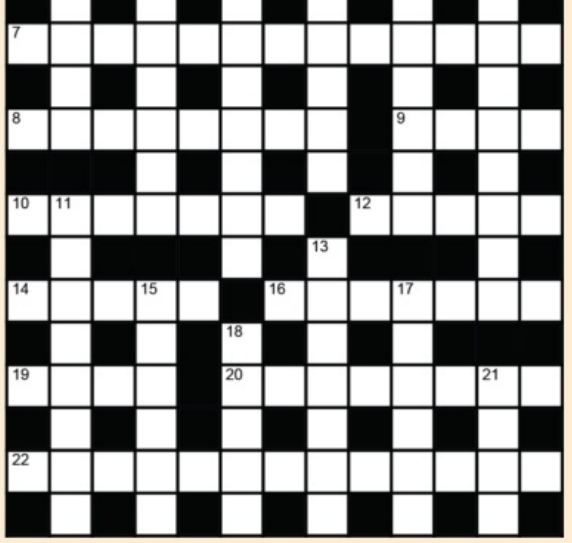


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Our High Court is also known by this name (6,7)
8 ___ over : being surplus or excessive? (8)
9 `V' for the Romans? (4)
10 Public platform (7)
12 ___ __ questions, and you will be told no lies...? (3,2)
14 Share certificate (5)
16 Grand dinner (7)
19 Thug (4)
20 Rocky (8)
22 Correction (13)

DOWN

1 Halt (4)
2 System of voting (6)
3 Drain of energy (7)
4 Estimate (5)
5 Moves from one place to another (6)
6 Country's administrative division (8)
11 A rapid preliminary inspection? (4-4)
13 Plunder (7)
15 Set on fire? (6)
17 British liquid measures (6)
18 Navigates the web (5)
21 Author Hubbard (1,3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: B EQUALS G

DG TGPJ GVJZJTS CZ DYJ MJBCVVCVB GS R TCSJTGVB KGERVLJ.

Linemaro

You make this gloomy day a little less gloomy

Mindchow

A rich man is one who isn't afraid to ask the salesperson to show him something cheaper

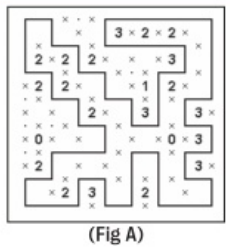
Joke of the day

My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle

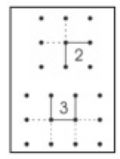
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

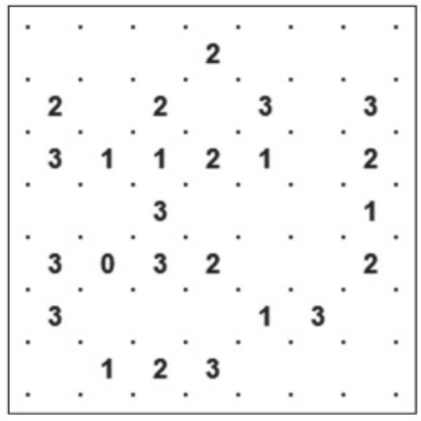


(Fig B) Not Allowed

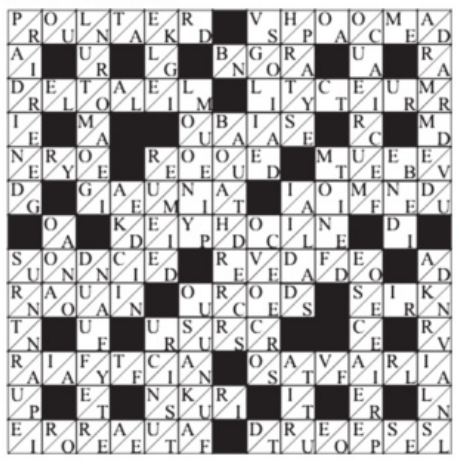
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				
7				
8				
9	Y			

ACROSS

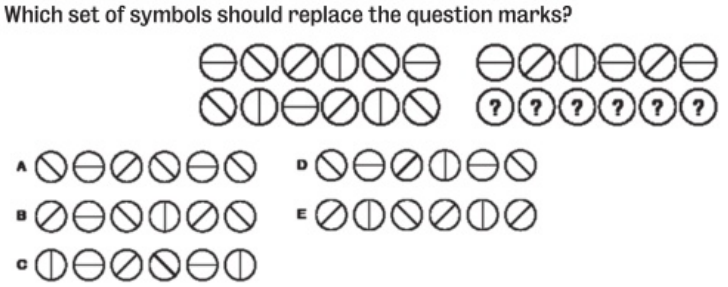
1 Pried; 6 Ena me;
7 Sic me; 8 Manet;
9 Ex-spy

DOWN

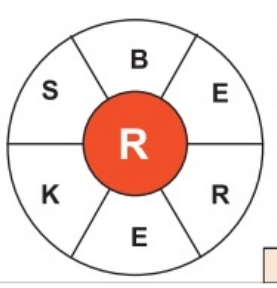
1 Amper; 2 Yemen;
3 Sexed; 4 Mien I;
5 Scat P

Mensapuzzle

Which set of symbols should replace the question marks?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

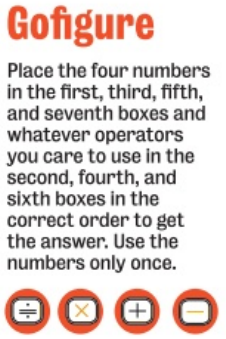
SudokuChallenge

		6	7	9	2	5		
				6				
		9	5		4	1		
9		2				7		4
1	5						6	2
7		4				3		8
		7	9		8	4		
				2				
		8	3	7	6	2		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



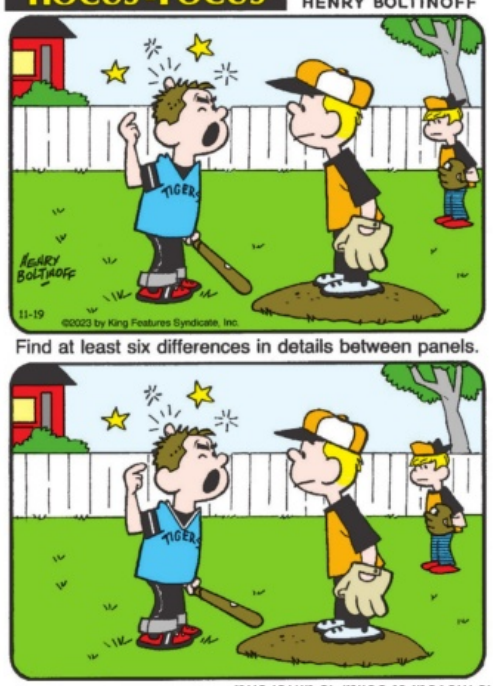
Easy = 8
2 7 7 8

Medium = 28
1 3 4 8

Hard = 2
4 7 7 6

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Cap is smaller. 2. Boy in background is moved. 3. Hand is moved. 4. Bat is moved. 5. Pitcher's mound is moved. 6. Collar is different.

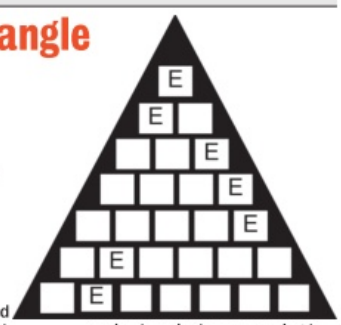
Riddler

The following are five pairs of words. Each word in each pair has a rhyming word which, when put together using "and" forms popular English phrases.

1. Kites, songs 2. Sack, north 3. Bride, rested

Alpha triangle

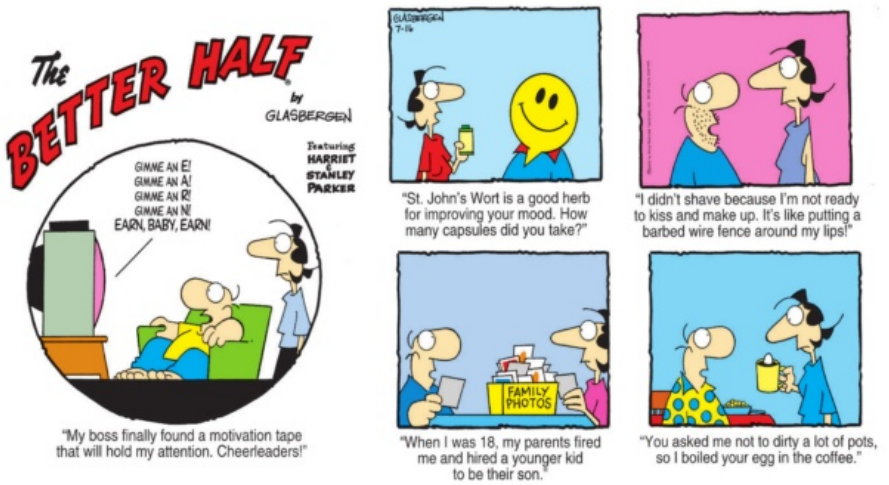
1 Second vowel
2 tu Brute ...
3 Dined
4 Judge
5 Packing box
6 Drink of the gods
7 Definite

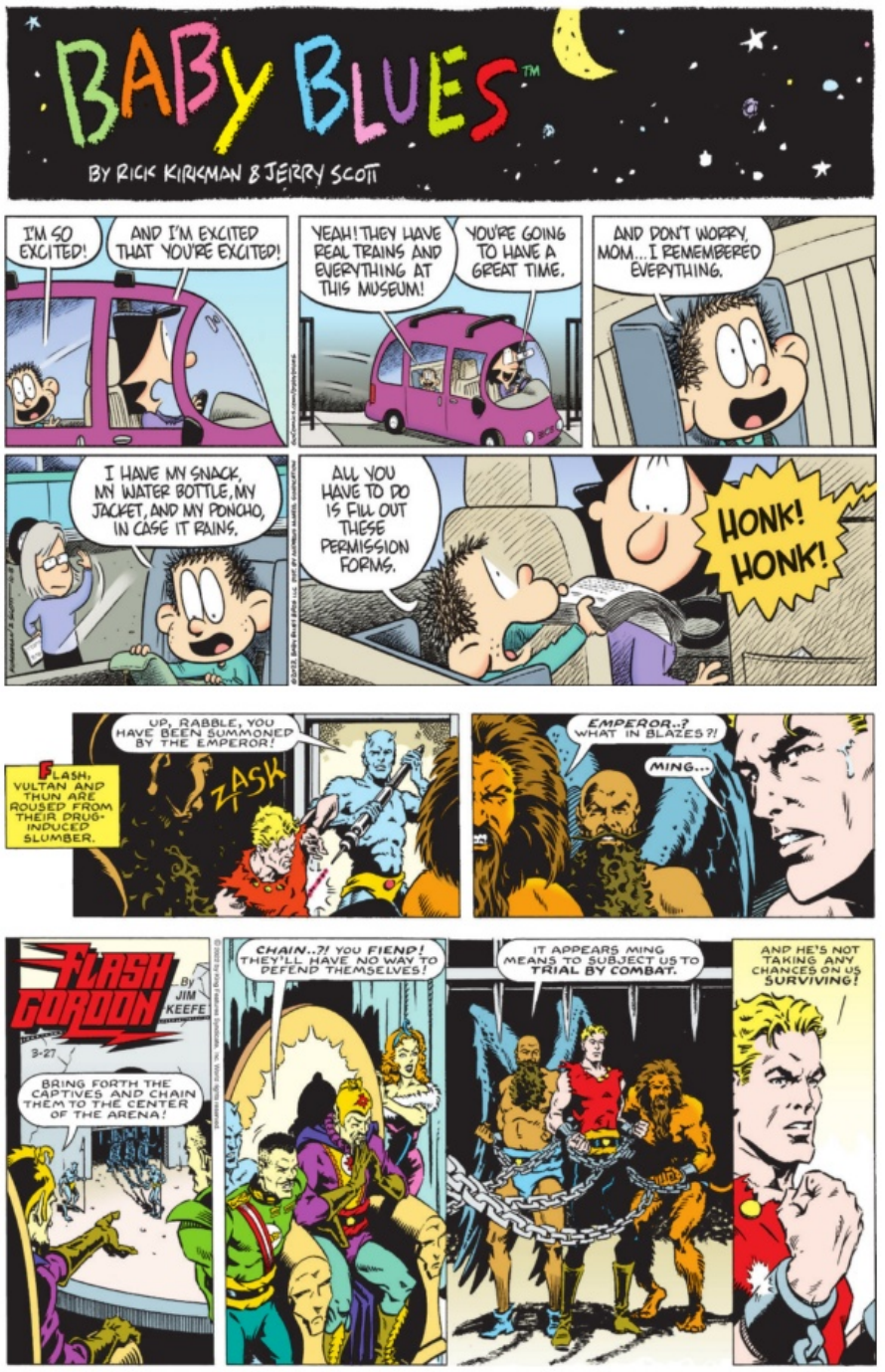


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
GIMME AN E!
GIMME AN A!
GIMME AN R!
GIMME AN N!
EARN, BABY, EARN!
"My boss finally found a motivation tape that will hold my attention. Cheerleaders!"
"St. John's Wort is a good herb for improving your mood. How many capsules did you take?"
"I didn't shave because I'm not ready to kiss and make up. It's like putting a barbed wire fence around my lips!"
FAMILY PHOTOS
"When I was 18, my parents fired me and hired a younger kid to be their son."
"You asked me not to dirty a lot of pots, so I boiled your egg in the coffee."


BABY BLUES™
BY RICK KIRKMAN & JERRY SCOTT
I'M SO EXCITED!
AND I'M EXCITED THAT YOU'RE EXCITED!
YEAH! THEY HAVE REAL TRAINS AND EVERYTHING AT THIS MUSEUM!
YOU'RE GOING TO HAVE A GREAT TIME.
AND DON'T WORRY, MOM... I REMEMBERED EVERYTHING.
I HAVE MY SNACK, MY WATER BOTTLE, MY JACKET, AND MY PONCHO, IN CASE IT RAINS.
ALL YOU HAVE TO DO IS FILL OUT THESE PERMISSION FORMS.
HONK! HONK!

FLASH, VULTAN AND THUN ARE ROUSED FROM THEIR DRUG-INDUCED SLUMBER.
UP, RABBLE, YOU HAVE BEEN SUMMONED BY THE EMPEROR!
ZASK
EMPEROR..? WHAT IN BLAZES?!
MING...
FLASH GORDON
By JIM KEEFE
3-27
BRING FORTH THE CAPTIVES AND CHAIN THEM TO THE CENTER OF THE ARENA!
CHAIN..?! YOU FIEND! THEY'LL HAVE NO WAY TO DEFEND THEMSELVES!
IT APPEARS MING MEANS TO SUBJECT US TO TRIAL BY COMBAT.
AND HE'S NOT TAKING ANY CHANCES ON US SURVIVING!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the moon, so you may make new plans in terms of business. Your colleagues may support you in implementing your plans. You may recover your stuck money from your clients, which may boost liquidity in the business. However, after late evening, you may experience some anxiety, which could affect your sleep.

Taurus Apr 21 – May 20
Today is a good day for you. In business, you may gain new clients, which will contribute to profit growth. Singles are likely to find a good match. In domestic life, it's important to avoid hiding anything from your spouse to maintain a healthy relationship. Job seekers may find new opportunities, and there are chances of promotions in current jobs.

Gemini May 21 – Jun 21
Today, you may feel more religious and may plan to visit a spiritual place for peace of mind. You may also donate to charity or a spiritual organization. People around you may seek your financial or moral support, and you may find satisfaction and patience in every moment.

Cancer Jun 22 – July 23
Today, you may feel dull and are advised to control your short temper. Focus on avoiding distractions from your goals, and refrain from investing in unnecessary items. Love birds should avoid unnecessary arguments, and overnight travel is not recommended.

Leo Jul 24 – Aug 23
Today, you may seek peace of mind, and with the blessings of the moon, you may find focus. Avoid investments in property or assets. There may be happy moments in your domestic life, but be mindful of arrogance or ego with your spouse. Disputes with business partners may be resolved.

Virgo Aug 24 – Sep 23
Today, you may gain control over opponents and hidden enemies. Legal matters may resolve in your favour, and your hard work may be recognized by your boss, leading to new responsibilities or promotions. Singles may find a soul mate.

Libra Sep 24 – Oct 22
Today, utilize your strong network to implement business plans and gain profits. Harmony in domestic life is indicated, with good understanding between you and your spouse.

Scorpio Oct 23 – Nov 22
Today, health issues may arise, leading to impatience. Control your short temper and avoid spending on unnecessary items. Love birds should steer clear of discussions that could lead to a breakup.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon, and your hard work may lead to success. Your energy and focus will be high, and support from subordinates is likely. Short work-related travel may occur, and good news may come from siblings. Consider renovation projects where your creativity will shine.

Capricorn Dec 23 – Jan 20
Today, you may feel happy and may invest in creative items to enhance your lifestyle. Spending on friends and family is likely, and singles may find a good match. Love birds will enjoy happy moments together.

Aquarius Jan 21 – Feb 19
Today, control your expenditure and focus on savings. Your creativity may enhance your social status, and love birds may receive support from family for marriage.

Pisces Feb 20 – Mar 20
Today, you may feel dull and unhappy. Balance your expenditures and earnings carefully to avoid financial messiness. Avoid excessive travelling or overworking, as it may impact your health. Students should plan for higher studies, and love birds should avoid arguments.

KIDZONE

Yash Kalas, 5 Years, Sherwood High School

Reesha Kashaf, 8 Years, Bright Public Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
1(4(−1)5)1
1(−4×5)1
1(−20)1
−20×1= −20

BULL'S EYE
beer, BERSERK, esker, reek, seer

STRIKE OUT

P	U	N	T	E	R	S	P	A	C	E	D			
A	U	L	B	O	A	A								
R	E	T	A	I	L	L	Y	C	E	U	M			
I	M		O	B	I	S	C	M						
N	Y	E	R	O	O	D	T	U	B	E				
G	A	U	N	T	A	I	M	E	D					
O	K	E	Y	H	O	L	E	D						
U	N	D	I	D	E	V	A	D	E	T				
T	F	U	S	S	R	C	V							
N	O	U	N	O	R	E	D	S	I	N				
R	A	F	F	I	A	S	A	F	A	R	I			
E	N	E	M	A										
A	T	R	O	P	E	S								
E	R	R	A	T	A									

FAST FIVE

R	E	D	I	P
A	M	E	N	T
M	E	S	I	C
E	N	E	M	A
P	Y	X	E	S

QUOTE UNCODE
To love oneself is the beginning of a lifelong romance.

QUICK

S	B	F	G	S	P									
A	T	T	A	R	A	C	H	E	R	I				
O	L	T	U	I	O									
S	P	I	L	L	I	N	G	F	I	V	E			
	O	G	E	T	I									
R	O	S	T	R	U	M	A	S	K	N	O			
N	E	R	C											
S	C	R	I	P	B	A	N	A	U	E	T			
E	G	S	N	U										
G	O	O	N	U	N	S	T	A	B	L	E			
V	I	R	A	R										
R	E	C	T	I	F	I	C	A	T	I	O	N		
L	E	S	K	I	I	R	L							

RIDDLER
1. Rights and wrongs,
2. Back and forth,
3. Tried and tested

MENSA PUZZLE
A: each line moves 45° clockwise from top to bottom.

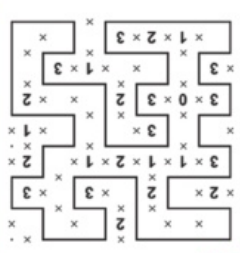
SUDOKU

8	1	6	7	9	2	5	4	3
4	7	5	1	6	3	8	2	9
2	3	9	5	8	4	1	7	6
9	8	2	6	3	1	7	5	4
1	5	3	8	4	7	9	6	2
7	6	4	2	5	9	3	1	8
6	2	7	9	1	8	4	3	5
3	9	1	4	2	5	6	8	7
5	4	8	3	7	6	2	9	1

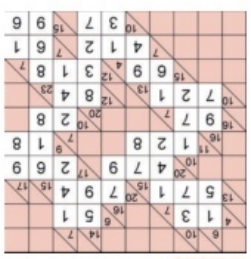
GO FIGURE
Easy
7 − 8 + 2 + 7 = 8
Medium
3 × 8 + 4 × 1 = 28
Hard
6 − 7 + 7 − 4 = 2

ALPHA TRIANGLE
E, Et, Ate, Hate, Crate, Nectar, Certain.

LOOP



KAKURO



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Enter the world of cyber crime

MR NATWARLAL

3.0 RATING ★★★☆☆

- **DIRECTOR** Lava Kaggere
- **ACTORS** Tanush Shivanna, Sonal Monteiro, Nagabhushan, Rajesh Nataranga, Cockroach Sudhi
- **CERTIFICATION** U/A
- **Duration** 130 minutes

Director Lava Kaggere has selected a good subject that not only provides entertainment but also throws some light on how cyber criminals are thriving by using the latest technology. The movie also has an element of emotion.

The movie is about Ranga aka Ranganath (Tanush Shivanna) who is compelled to leave his hometown along with his mother due to family problems. He comes to a city to eke out a living but circumstances compel him to get involved in criminal activities. He is involved in criminal activities using an alias Mr Natwarlal but ensures that he leaves no clues behind. The police department is hell bent to nab him. What happens to him is what Mr Natwarlal is all about.

Lave Kaggere, who makes a comeback to Sandalwood after a gap of a decade, has succeeded in keeping the audiences on the edge of their seats. Prior to this movie, Lava Kaggere directed Ayodhya puram that was released in 2014. Though the script looks like a mix of a few stories, the movie has interesting elements that connect with the crimes of today. As far as the performance of the actors is concerned, Tanush Shivanna has acted well. He has the potential to establish as an actor if he focuses on his acting. Rajesh Nataranga, as an intelligent police officer, is convincing. Sonal Monteiro and Nagabhushan provide good support. Cinematographer William David and music director Dharma Vish deserve a pat on the back for their contribution.

It is worth a watch for fans of action and crime thrillers.

—Y Maheswara Reddy

Good age

Actress Emily Blunt shared that she's feeling "happy" and "peaceful" after turning 41.

The actress told people.com: "I feel like I've been lighter than air the last couple of weeks. I feel so happy. I don't know if I've had much time to let it sink in. I feel very happy, peaceful, happy."

Her 'Oppenheimer' co-star Robert Downey Jr, praised the actress, calling her an "optimist", reports aceshowbiz.com. **IANS**

Rainbow® Children's Hospital | BirthRight™ BY RAINBOW HOSPITALS

Rainbow Children's Hospital, Marathahalli

This is to inform all concerned that Rainbow Children's Hospitals is going to discard all **In-Patient Records** pertaining to the year **1st May-2015 to 31st Dec-2019** Survey No. 8/5, Marathahalli-KR Puram, Outer Ring Rd, Doddanekundi, Bengaluru 560037 during the above mentioned period). Any patient who have availed In-Patient services at Rainbow Children's Hospitals during this period or any other legal relative/agency desiring to preserve the In-Patients records for future are requested to contact concerned Branch Incharge Medical Records Department, for the same within **ONE MONTH** on working days between (10:00 am to 5:00 pm) from the date of this notification.

Note: Medical Records will be issued as per Rainbow Children's Hospital protocol.

Rainbow® Children's Hospital | BirthRight™ BY RAINBOW HOSPITALS

ಹಳೆಯ ವೈದ್ಯಕೀಯ ವರದಿಗಳನ್ನು ನಾಶ ಮಾಡುವುದಕ್ಕೆ ಸಾರ್ವಜನಿಕ ಪ್ರಕಟಣೆ

ರೈನ್ಬೋ ಚಿಲ್ಡ್ರನ್ ಆಸ್ಪತ್ರೆ, ಮಾರತ್ತಹಳ್ಳಿ, ಬೆಂಗಳೂರು, 560 037

ಈ ಮೂಲಕ ಎಲ್ಲರಿಗೂ ತಿಳಿಸುವುದೆನೆಂದರೆ ರೈನ್ಬೋ ಚಿಲ್ಡ್ರನ್ ಆಸ್ಪತ್ರೆ, ಸಮ್ಮುಲಿಯ 1 ಮೇ 2015 ರಿಂದ 31 ಡಿಸೆಂಬರ್ 2019ರ ವರೆಗಿನ ಎಲ್ಲಾ ಒಳರೋಗಿಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ವೈದ್ಯಕೀಯ ದಾಖಲೆಗಳನ್ನು ನಾಶಗೊಳಿಸಲಾಗುವುದೆಂದು ಈ ಮೂಲಕ ಸಾರ್ವಜನಿಕ ಪ್ರಕಟಣೆಯನ್ನು ಹೊಡಿಸಲಾಗಿದೆ (ಸರ್ವೇ ನಂಬರ್ 8/5, ಮಾರತ್ತಹಳ್ಳಿ, ಕೆ ಆರ್ ಪುರಂ, ಹೊರವರ್ತುಲ ರಸ್ತೆ, ದೊಡ್ಡನೆಕ್ಕುಂದಿ, ಬೆಂಗಳೂರು 560 03 7) ಯಾವುದೇ ರೋಗಿಯೂ ತಮ್ಮ ವೈದ್ಯಕೀಯ ದಾಖಲೆಗಳ ಪ್ರತಿಯನ್ನು ಪಡೆಯಲು ಬಯಸುವ ರೋಗಿಗಳು ಅಥವಾ ಒಳರೋಗಿಗಳ ದಾಖಲೆಗಳನ್ನು ಸಂರಕ್ಷಿಸಲು ಬಯಸುವ ಕಾನೂನು ಸಂಬಂಧಿ ಹಕ್ಕುದಾರರು, ಈ ಅವಧಿಯ ಅಧಿಸೂಚನೆಯಿಂದ ದಿನಾಂಕದಿಂದ ಒಂದು ತಿಂಗಳೊಳಗೆ ಕೆಲಸ ದಿನಗಳಲ್ಲಿ ಆಯಾ ವಿಚಾರಿಸಿಕೊಂಡಿಗೆ (10 am ರಿಂದ 5.00 pm) ಸಚಿವಿಸಿ ಸಂಬಂಧಪಟ್ಟ ಶಾಖೆಯ ವೈದ್ಯಕೀಯ ದಾಖಲೆಗಳ ವಿಭಾಗಕ್ಕೆ ಸಂಪರ್ಕಿಸಲು ವಿನಂತಿಸಲಾಗಿದೆ.

ಗಮನಿಸಿ: ರೈನ್ಬೋ ಚಿಲ್ಡ್ರನ್ ಹಾಸ್ಪಿಟಲ್ ಪ್ರೊಟೋಕಾಲ್ ಪ್ರಕಾರ ವೈದ್ಯಕೀಯ ದಾಖಲೆಗಳನ್ನು ನೀಡಲಾಗುವುದು.

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